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Want to be high vibration? Leave the basement of your being... get well.

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June 26, 2016 [edit](#) [Click to comment](#)



I woke up this morning. For the second day in a row, I am bursting of energy, more energy than I know what to do with.

I have been sorting my laundry. I have been cleaning the stove top, the sinks... doing things the I turned away from before, because I didn't have anything to give it.

I went for a quick walk yesterday.

I am getting a lot more done even in my business.

I am starting to get some realizations that I did not expect.

For one: humanity is not ready to raise their vibration.

You are trying to put the cart in front of the horses.

You are worrying about the wrong thing. About the trip to the penthouse... but you are in the basement, and the elevator doesn't go down there.

So if you really wanted to go to the penthouse (enlightenment, if there is such a thing) then you'd know that first you have to drag yourself up to the first floor, the lobby, where the elevator is.

But you have no time, you have no energy, and you have no brain cells to spare to go to the first floor.

Why?

It's taken me 30 years to get to that realization.

You are not well enough to see that you can drag yourself to the first floor.

You are in survival mode, and you can't risk it. Your current state doesn't guarantee that you can do it.



From the limited perspective you have, you can't see that the effort to get to the first floor is worth it.

But what about the millions of people who made it in life?

OK, I am one of them. Let me look: in my case a spiritual capacity, awe was to "blame". I saw that even if it takes going on my hands and knees, it is worth it.

But I was as poorly off as you, maybe even more.

But why are you in survival mode?

Because your physical well-being is lacking.

And as long as your body is in survival mode, you can't and won't be able to give too much attention to the higher things in life.

Maslow has been very right: your lower needs need to be fulfilled before you can get to self-actualization.

This new development has given me a new perspective.

Your narrow cone of vision, your bad choices, your fakeness, your lying, your slothfulness, your lack of depth are all due to this one factor: you are in survival mode.

So you are not a bad person, you are not stupid, you are not worthless.

You lack the extra energy you'd need to be more than you are.

So, for a while, I am exclusively directing my attention to get you well.

It is not information that get you well.

It is as complex as the causes that pulled you out of being well.

Mainly: eating food that is toxic to you, and drinking water that is incompatible with your cells.

"OUR ENORMOUSLY PRODUCTIVE ECONOMY... DEMANDS THAT WE MAKE CONSUMPTION OUR WAY OF LIFE, THAT WE CONVERT THE BUYING AND USE OF GOODS INTO RITUALS, THAT WE SEEK OUR SPIRITUAL SATISFACTION, OUR EGO SATISFACTION, IN CONSUMPTION ...WE NEED THINGS CONSUMED, BURNED UP, REPLACED AND DISCARDED AT AN EVER-ACCELERATING RATE."

Eating in a way that is compatible with your body is counter-cultural.

"Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfactions, our ego satisfactions, in consumption. The measure of social status, of social acceptance, of prestige, is now to be found in our consumptive patterns. The very meaning and significance of our lives today expressed in consumptive terms. The greater the pressures upon the individual to conform to safe and accepted social standards, the more does he tend to express his aspirations and his individuality in terms of what he wears, drives, eats, his home, his car, his pattern of food serving, his hobbies.

These commodities and services must be offered to the consumer with a special urgency. We require not only "forced draft" consumption, but "expensive" consumption as well. We need things consumed, burned up, worn out, replaced and discarded at an ever increasing pace. We need to have people eat, drink, dress, ride, live, with ever more complicated and, therefore, constantly more expensive consumption. The home power tools and the whole "do-it-yourself" movement are excellent examples of "expensive" consumption."

Eating the way your ancestors ate is the opposite of what we are sold.

Were they healthy? Somewhat. Not all of them.

There is more to "eating right for your type" than tradition. You also have a **blood type**, and you also have a **dosha type**. Your **food sensitivities and food intolerances** need to be taken into consideration. Your **mineral, vitamin, amino acid, and essential fatty acids** need to be in balance. And then you have the most elusive of all: the eating type.

Human design has an entire course on that. I have not done the course: I didn't have the energy at the time. But I have distinguished three types of eating: eat like a cat, eat like a dog, and eat like a finicky child.

I can eat and drink all the right foods, if I don't honor my **eating type**... I don't digest well, I get heavy, and heavy headed.

So, you can see it is not easy.

Same with what kind of **physical activity** is good for you.

Same with what kind of **social activity** is good for you.

Same with what **approach to work** is best for you.

I was lucky, I inherited plenty of will power and the ability to say "no" from my father.

But I was never well enough to say: I have energy to spare.

Not nervous energy, not adrenaline energy: **real energy. From food. Calm and powerful energy.**

My health went from 5% in April to 70% now (it's June).

My cells hydration is at 90%.

My weight went from 160 to 147.

And the most surprising of all: **I now don't snack. I eat three meals.**

I cook every meal: it takes me about five minutes each... Nothing fancy. Enormously satisfying.

I am the **finicky child eating type**... I is not as bad as it sounds... lol.

But once you are at the 70% health level, you are suddenly ready to go up to the first floor and take the elevator.

So what are the steps to get to that 70% level and above?

The first step is to hydrate yourself properly with the [Energized Water](#) made audio.

1. Step #1: Drink fully [energized water](#). Best is to use my new setup: polar pitchers, mini speaker plugged into current, audio on chip. use two pitchers: one charged overnight, one charged during the day.
2. Step #2: book a health evaluation session with me.
3. Step #3: follow my instructions.
4. Step #4: come to a follow-up session, where we tweak what you got.
5. Step #5: follow my instructions and the recovery food list.

If you are lucky these last instructions will take you there.

If you are more complicated, you need more tweaking.

6. Step #5: when you are at or above 70%, you may re-introduce foods that are quasi neutral to your body (no such thing)... So you get a second food list.

Easy? Not difficult.

Expensive? At this time these are the costs:

Energized water and equipment: \$140.

First session: \$200

Second session: \$100... sometimes \$200. You pay for my time.

Benefits: **your long held dreams become doable. You'll have the energy to actually learn new things, to try stuff, to thrive.**

You don't have to stay in the basement of your being forever.

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